

Three-Day  
Green Smoothie  
DETOX



Odacité  
FRESH FOR YOU

# Disclaimer

The responsibility for the consequences of your use of any suggestion or procedure described hereafter lies not with the authors, publisher or distributors of this free e-book.

This book is not intended as medical or health advice. We recommend consulting with a licensed health professional before changing your diet or starting an exercise program.

Three-Day Green Smoothie DETOX

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# Welcome



My mission here is to help you get LOTS of **GREEN** in your body in a **SIMPLE** and **DELICIOUS** way.

Your mission, **should you chose to accept it**, consume only Green smoothies for three days

Green smoothies, are super easy to prepare, and contrary to juice include all the fibers, that will help you feel full and enhance your digestion.

This 3-day green smoothie Detox is perfect to **reset your body** after any eating or drinking indulgence, **get your skin to glow** or simply get a big boost of vitamins and antioxidants, you will **LOVE** the results.

For three days you will give a well deserved break to you digestive system and allow for a large amounts of fruits and veggies to do what they do best, **HEAL** your body

If you enjoy these three days feel free to repeat them, the longer the Detox the better the results.

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# Preparing For your **Detox**

Try to ease into your DETOX by **removing heavy/acidic food** from you diet for at least **48 hours prior to starting.**

REMOVE	<b>ADD</b>
MEAT	<b>MORE WATER</b>
DAIRY	<b>VEGAN SOUPS</b>
EGGS	<b>STEAMED VEGGIE</b>
ALCOHOL	<b>SALADS</b>
SUGAR	<b>SWEET POTATOES</b>
WHEAT	<b>SQUASH</b>
ARTIFICIAL SWEETNER	<b>QUINOA</b>
COFFEE	<b>BROWN RICE</b>
PROCESSED FOOD	<b>GLUTEN FREE BREAD</b>

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# Tools For **Detox** Success

I created Odacité after I was diagnosed with breast cancer and decided never ever to compromise beauty for health. Regular skincare products are loaded with chemicals some of them being directly inked to breast cancer.

During these 3 days of green detox, more than ever, **ALL** your cosmetics should be free of any toxins. Check your products for the worst offenders: **Parabens**, & **Fragrance** (they include 100's of synthetic chemicals), **Phenoxyethanol** (preservative often use in natural products). As a general rule if you don't recognize or can not pronounce an ingredients it's not a good sign!

If you never tried Odacité discover what the **Purity** and **Effectiveness** of Freshly Made Organic Skin Care can do for your skin with our [DISCOVERY KIT](#) for only \$29 (Value \$75)



CLEANSE

TONE

EXFOLIATE

REPLENISH



REPAIR



MOISTURIZE



TREAT



10-day  
Discovery

Only

**\$29.00**

7 products

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# Tools For **Detox** Success

- **SHED DEAD SKIN:** Exfoliating your skin with a [dry brush](#), will help support circulation and prompt the passage of toxins from your lymph.
- **REWARD YOURSELF:** Embarking in this 3-day DETOX is quite an achievement. Enhance the benefits of this detox by getting a massage.
- **RELAX:** As you detox, consider buying some essential oils to add to your bathwater. Incredibly calming, lavender oil may be especially helpful for those suffering from caffeine-withdrawal-related headaches.
- **WALK:** Life is movement, while strenuous exercise is not recommended while you detox, take long walks in nature to get plenty of unpolluted oxygen in your body.
- **BOWEL MOVEMENT:** It is key to your detox success that you keep your bowels moving! If you need help with that, drink the gentle natural laxative tea SMOOTH MOVE (available in any health food store) to ensure toxins are being expelled regularly :-)

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# Tools For **Detox** Success



## **CONTAINERS**

If you need to take your smoothies with you to the office I recommend you use some glass jars to preserve their optimum freshness.

I personally love the Ball Jars (order on internet, very cheap) with a sealable top. Fill the jar to the rim, put the lid and press the center to remove any air and possible oxidation, screw tight.

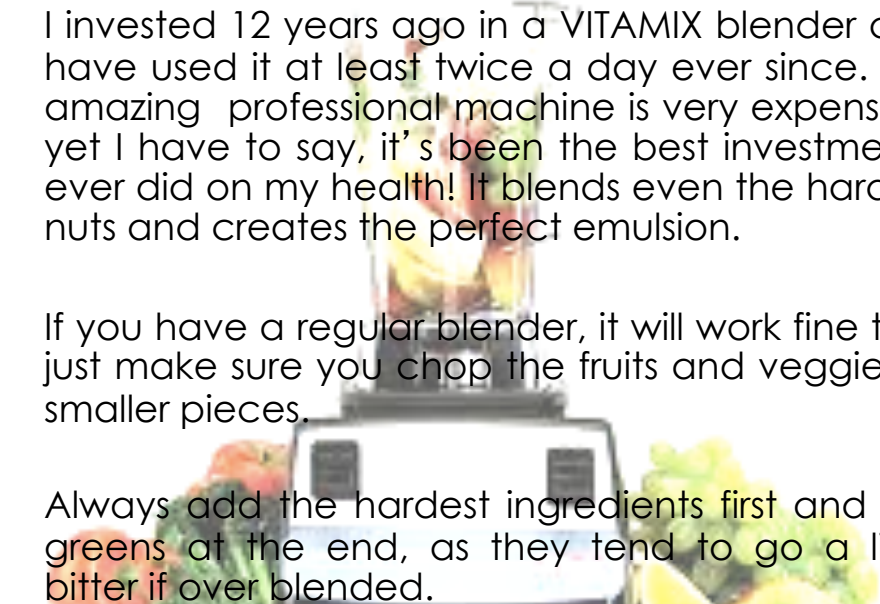
You can prepare all your smoothies and take them with you. Just make sure to keep them refrigerated

Having your smoothies ready is also a great help for you to stay on path as if you are hungry you can always reach for a ready-made smoothie.

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# Tools For **Detox** Success

## Blender

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- I invested 12 years ago in a VITAMIX blender and have used it at least twice a day ever since. This amazing professional machine is very expensive, yet I have to say, it's been the best investment I ever did on my health! It blends even the hardest nuts and creates the perfect emulsion.
  - If you have a regular blender, it will work fine too, just make sure you chop the fruits and veggies in smaller pieces.
  - Always add the hardest ingredients first and the greens at the end, as they tend to go a little bitter if over blended.

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# Shopping LIST

I Tried to choose products that are available all year long, so you can do this three day cleanse at any moment of the year. All berries and exotic fruits are frozen so always available.

Smoothie making is not rocket science, if you find seasonal products that are not in the recipe, feel free to substitute them.

Most recipes use Bananas, the idea is to make your smoothies as enjoyable as possible. Those green smoothies taste so good, it is also an easy way to get your little ones to consume greens. If you want less calories/sugar replace with Apples, Pears or Papayas.

As much as possible try to use **organic** products, as you don't want to "retox" your body with pesticides and insecticides.



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# Shopping List

For best result and taste make sure your products are fully ripe.

## **Fresh Fruits**

17 Banana  
3 Apples  
1 Pineapple  
2 Limes - 3 Lemons  
5 oranges (or fresh squeeze juice)  
1 quart coconut water

## **Frozen Fruits**

1 lb bag Strawberry  
1 lb bag Raspberry  
1 lb bag Mangoes  
1 lb bag Blueberry

## **Vegetables**

2 to 3 bags Baby Spinach (make sure to choose baby ones)  
2 Carrots - 1 Bunch Celery - 1 Bunch Kale (I like the dinosaur Kale as it tastes a bit sweeter, but other kale work too)  
3 Medium Cucumbers - 1 Fresh Mint - 1 Pint Cherry Tomatoes  
2 Avocados - 1 Clove Garlic - 1/2 inch Ginger -

## **Herb tea to help with Detox:**

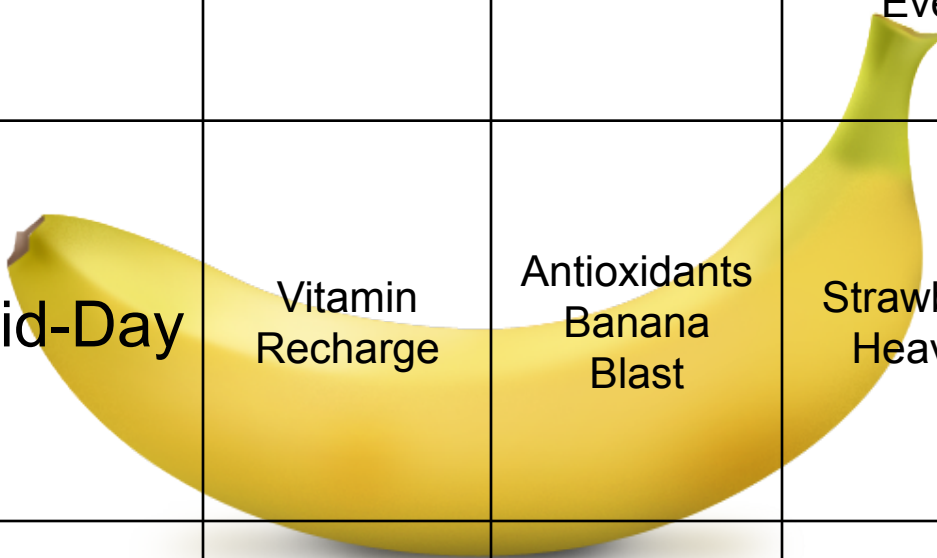
Lemon/Ginger tea: Boil cut Ginger in water, add lemon Juice to your taste

Chamomile tea for calming

Lemon Grass tea for its ability to rid the lungs of mucus, relieve headaches, balance skin tone.

# 3-Day Green Smoothie Menu

	DAY 1	DAY 2	DAY 3
Morning	Popeye Power	Banana Blueberries	Best Green Smoothie Ever
Mid-Day	Vitamin Recharge	Antioxidants Banana Blast	Strawberry Heaven
Evening	Avocado Delight	Kale/Apple a Day	Avocado Soup



# Day 1

First of all **congratulation**, you've done the most difficult part: **Take the first step!**



## **Morning Meal : POPEYE POWER**

1 to 2 Banana  
1/2 Fresh Pineapple diced  
1 1/2 Cup Frozen Raspberry  
1 Apple  
2 cups baby Spinach

**Directions:** Blend Banana + Apple + Raspberry + Pineapple first with a little water if necessary. Add spinach, start with 1 Cup taste and add if you can take a little more.

## **Half Day Meal: Vitamin Recharge Smoothie**

2 Cups Frozen Mangoes  
2 to 3 Cups Freshly Squeezed Orange Juice  
5 Dinosaur Kale leaves de-stemmed (add more if you can)  
**Directions:** Blend Frozen Mangoes and orange juice first. Add Kale leaves. Enjoy!

## **Evening Meal: Avocado Delight**

1 large ripe avocado  
1 Tbs lemon Juice  
1 Small Garlic clove (optional)  
1 to 2 Cucumber diced and peeled  
5 Mint leaves - Pink Himalayan Salt to taste

**Directions:** Blend all ingredients together. The avocado will make a nice emulsion. Eat like a soup or drink like a smoothie. Note: use rest of mint to make a fresh mint tea. In a tea pot simply pour boiling water over fresh mint, let infuse and enjoy!

# Day 2

## Morning

### Banana Blueberries Tango

#### Ingredients:

2 to 3 bananas  
2 to 3 stalks celery diced  
1 cup Frozen blueberries  
1 cup water  
1 to 2 Cups Baby spinach

**Directions:** Blend all fruits together with water, add celery and spinach at the end, add water if necessary.



## Mid-Day

### Antioxidant Blast Smoothie

#### Ingredients:

3 bananas  
1 cup raspberries  
1 cup of spinach  
2 stalks celery  
water, as needed

**Directions:** Blend all fruit together, using water as needed for consistency. Add celery stalks and spinach at the end.



## Evening

### Kale/Apple a Day

#### Ingredients:

3 bananas  
2 apples (sweet variety)  
1 cup water  
1 cups kale de-stemmed

**Direction:** Blend fruits together with water, add Kale at the end. Enjoy!



# Day 3



## Morning

### Best Green Smoothie Ever

#### Ingredients:

3 bananas

2 carrots

1/2-inch ginger (to taste)

1 cup coconut water

1 Cup Baby Spinach

**Directions:** Chop carrots into pieces. Blend chopped carrots and coconut water making sure they are well blended. Add bananas + ginger blend again. Add spinach and a little more coconut water if necessary for consistency. **Note:** If you do not have a high power blender, you will need to chop carrots pretty small or grate them.

## Mid-Day

### Strawberry Heaven

#### Ingredients:

2 Cups Frozen strawberries

3 Bananas

1 to 2 Cups spinach

Coconut water to desired consistency

**Directions:** Blend, adding spinach at the end.



# Day 3 cont

## Evening

### Avocado Soup

#### Ingredients

- 1 Avocado
- 1 1/2 cup cherry tomatoes
- 1 Cucumber
- 1 Tbsp lime, juiced
- 1 to 2 Stalks celery
- 1 cups baby spinach chopped
- Agave syrup and Himalayan salt to taste (optional)



**Directions:** Blend tomatoes +cucumber + lime juice+celery. Add avocado and blend until smooth. Pour in a soup bowl taste and add a little salt or agave syrup to your taste. Sprinkle with chopped baby spinach.

## BRAVO! You did it!

If you enjoyed these three days, feel free to repeat them, the more days the merrier!

Please move slowly back into regular eating, start with salads, steam veggies and light meals.

These green smoothies are a great way to start your day. Incorporate them as part of your breakfast routine, making sure you get your **GREENS** every day!